

Fit to Run Boston Marathon Cod-Potato Cake

Makes: 6 Servings

“We live at the start of the Boston Marathon. Our school and community become one soul during marathon season as we are a runners’ town,” says Abby. “We used local ingredients in our recipe plus what our state is known for. We created a healthy and balanced dish packed with protein and fresh ingredients that will bring the marathon spirit to the schools during lunch time. Our town is still healing after the Boston Marathon bombing, and this project gave us an opportunity to see the goodness and unity of our town. Eating healthy helps us stay alert and participate in school activities and extracurricular events as well.”

Ingredients

For the Cod--Potato Cakes:

- 2** large russet potatoes, peeled and sliced
- 1 tablespoon** olive oil
- 1 1/2 pounds** fresh cod, or any flaky white fish
- 1/4 cup** rolled oats
- 2** eggs
- 1/4 cup** low-fat milk
- Salt and freshly ground black pepper
- 2 tablespoons** canola oil

For the Salad:

- 4 cups** fresh spinach, chopped
- 2** apples, peeled, cored and chopped
- 1/2 cup** strawberries, stemmed and sliced
- 2** clementines, peeled and sectioned
- 1/4 cup** dried cranberries
- 3 tablespoons** toasted almonds

For the Vinaigrette:

- 1/4 cup** fresh strawberries
- 1 tablespoon** olive oil
- 2 teaspoons** local honey



Nutrition Information

Nutrients	Amount
Calories	410
Total Fat	15 g
Saturated Fat	2 g
Cholesterol	110 mg
Sodium	215 mg
Total Carbohydrate	44 g
Dietary Fiber	7 g
Total Sugars	15 g
Added Sugars included	4 g
Protein	28 g
Vitamin D	1 mcg RAE
Calcium	129 mg

Directions

1. **To make the Cod--Potato Cakes:** In a large stockpot, boil water over high heat. Add the potatoes and cook for 10 minutes, or until potatoes are tender. Mash with a masher or fork. Let cool. Meantime, in a large nonstick skillet, warm the olive oil over medium heat. Add the cod and cook for 4 minutes per side, or until flaky and cooked through. Let cool. In a large mixing bowl, combine mashed potatoes, oats, cod fish, eggs, milk, salt, and pepper. Mix well. In a large cast iron skillet or nonstick skillet, warm the oil on medium heat and cook 4 cod cakes at a time, turning over after 4 minutes or until crisp on both sides and hot throughout.

2. **To make the Salad:** In a large salad bowl, combine all of the ingredients together. In a small bowl, whisk together the vinaigrette ingredients.

3. **To Assemble:** Divide the Salad and Cod--Potato Cakes amongst the plates, drizzle with the Vinaigrette, and garnish with toasted almonds.

The 2016 Healthy Lunchtime Challenge Cookbook